metro
NEW YORK CITY NO. 1 FREE DAILY
Thursday, March 22, 2018 metro.us | t: MetroNewYork | t:

PLATOON PICKS

Mets, Yankees instituting two-man rotations at infield positions. 23-24

ISTOCK

There's no sun, but that doesn't mean you can't get your vitamin D. 16

NYC smokers may face yet another restriction. 6

'FROZEN' GROWS UP

The Oscar-winning songwriters behind 'Frozen' on Broadway tell us how their new musical, opening tonight, has grown up since the Disney movie. 19

DEEN VAN MEER

WELCOME TO METRO.US

EVA KIS, FEATURES EDITOR

It's been more than four years and we still haven't gotten the Oscar-winning tunes of Disney's "Frozen" out of our heads. Get ready to add 12 more songs to your playlist tonight, when "Frozen" takes its opening night bow as a Broadway musical. Songwriters Kristen Anderson-Lopez and Robert Lopez tell us about writing a show for a grown-up audience by taking a deeper look at Elsa and Anna's relationship. Read more on page 19 and at **metro.us**.

SOURCES: RUSSIA LEAK ANGERS PRESIDENT TRUMP

1 President Donald Trump defended his congratulations to Vladimir Putin on the Russian president's disputed re-election victory Wednesday, saying he wants Putin's help in solving crises from North Korea to Syria. Trump drew fire from politicians for telling reporters Tuesday that he had congratulated Putin on his re-election and that the two leaders had made tentative plans to meet in the "not too distant future." The Washington Post reported that Trump, in his briefing to prepare for the phone call with Putin, was warned "DO NOT CONGRATULATE" the Russian president. White House officials did not dispute the report, but said whoever leaked it could be subject to dismissal. A Trump confidant said Trump was angry about the leak, and a White House official said John Kelly, Trump's chief of staff, was "frustrated and deeply disappointed."

FACEBOOK HAS 'MADE MISTAKES,' CEO SAYS

2 Facebook's Chief Executive Mark Zuckerberg said Wednesday that the social media company made mistakes that allowed data about users to end up with the analytics firm Cambridge Analytica and said the company would make changes. Zuckerberg, in his first comments since the company disclosed on Friday the misuse of personal data, said in a post on Facebook that the company "made mistakes, there's more to do, and we need to step up and do it." Facebook and the political consulting firm Cambridge Analytica have been sued for obtaining information belonging to 50 million of the social media company's users without permission. The proposed class-action complaint filed late Tuesday night is the first of what could be many lawsuits seeking damages over Facebook's ability to protect user data.

STORM BRINGS SNOW, SLEET AND HIGH WINDS TO NEW YORK CITY

3 Bobby Reynolds rests on the snowy beach before surfing at Rockaway Beach during the snow storm on March 21, in Queens. New York City has experienced four nor'easter storms in recent weeks. ***Read more about Wednesday's storm on page 4.***

GETTY IMAGES

SENATE MOVES TO COMBAT ONLINE SEX TRAFFICKING

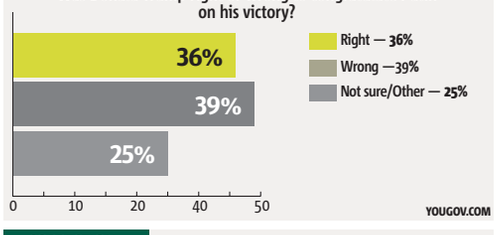
4 The Senate passed legislation on Wednesday aimed at penalizing website operators that facilitate online sex trafficking, chipping away at a bedrock legal shield for the technology industry. The bill passed the House last month and was expected to be signed into law as soon as this week by President Donald Trump. The legislation, which passed the Senate on a 97-2 vote, would make it easier for state prosecutors and sex-trafficking victims to sue social media networks, advertisers and others that failed to keep exploitative material off their platforms. Law enforcement has lobbied for years for such a law, an effort which resulted in part from a crackdown on the classified site backpage.com. Passage of the bill represented a rare defeat for the technology industry, which for years has avoided regulation in Washington.

SHUTDOWN LOOMS AS SPENDING BILL DEBATED

5 President Donald Trump in a discussion with congressional leaders on Wednesday backed a $1.3 trillion U.S. spending bill, which aides said will include new funds for border security, the Pentagon, infrastructure and fighting Russian election hacking. The White House said in a statement that Trump, Senate Republican leader Mitch McConnell and House of Representatives Speaker Paul Ryan "discussed their support for the bill," intended to avert a government shutdown on Friday. "The president had a discussion with Speaker Ryan and Leader McConnell, where they talked about their shared priorities secured in the omnibus spending bill," the White House said. While it has not been formally unveiled, congressional aides said the measure would also contain gun legislation and a fix to a "grain glitch" in last year's sweeping tax law overhaul.

RIGHT OR WRONG?

Was Donald Trump right or wrong to congratulate Putin on his victory?



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CORRECTION

On March 21, we reported on a pop-up called Dream Machine, an art-filled experience of the dream world coming to Williamsburg starting April 5. We misstated that Instagram was behind the project — the social media company did not organize or sponsor it. We regret the error.

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‘Four’easter’ storm brings snow day for kids and a traffic nightmare for adults

The storm affected millions of commuters, who faced dangerous roads.

12-18 INCHES

Snow expected to remain in New York City after the storm

A storm bearing snow, sleet and winds rolled through the eastern United States on Wednesday, crippling public transit and closing schools in several cities, as people in the region endured the fourth major snowstorm this month.

The nor’easter was on track to dump 12 to 18 inches of snow on areas from Philadelphia to New York City on Wednesday, said Weather Prediction Center meteorologist Dan Petersen.

> **“We’re not going to let the snow get in the way of our snow day.”**
>
> Cheryl Mandelbaum

The storm also lashed points along the East Coast with winds of more than 50 mph, according to the Weather Prediction Center.

The wintry blast on the second day of spring was dubbed “four’easter” by some media because it came after three previous storms this month. Those nor’easters left nine dead and more than two million homes and businesses without power.

New York’s normally bustling Times Square was sedate, even though the brunt of the storm had yet to hit.

“We’re not going to let the snow get in the way of our snow day,” said Cheryl Mandelbaum, 30, an elementary school teacher who was taking pictures with a friend, another teacher who had the day off because the city had canceled school.

Several inches of snowfall in Washington and its suburbs forced the closure of federal government offices, according to the U.S. Office of Personnel Management.

Washington schools were also closed, and children in Philadelphia, parts of New Jersey and Pittsburgh also enjoyed a snow day. In Boston, students were told to trudge to school.

Further inland, between 5 and 8 inches of snow blanketed parts of Ohio, Indiana and Kentucky.

Airlines scrapped more than 3,890 flights into and out of the United States, according to flight tracking website FlightAware, and nearly 1,000 other flights were delayed.

Jeremy McLellan, a stand-up comedian from Charleston, South Carolina, posted on Twitter that his flight was canceled and that he was stuck in New York City and would miss his wife’s baby shower.

“Snow: If you can read this … thank you,” McLellan wrote.

In New Jersey, Gov. Phil Murphy on Tuesday declared a state of emergency, as crews cleared roadways. Transit bus service was ordered suspended statewide, beginning on Wednesday afternoon.

Throughout the East Coast, many other buses and trains, including some Greyhound bus and Amtrak rail routes, that millions of people rely on to commute to and from work and school also canceled service on Wednesday.

Widespread power outages were expected as heavy snow and ice combined with gusty winds had the potential to topple trees and power lines. Already, about 28,000 electricity customers were without power in Virginia and West Virginia. REUTERS

New York City’s typically crowded spots were far emptier on the snowy Wednesday. ALL PHOTOS BESS ADLER

March’s fourth nor’easter lashed the East Coast with winds of more than 50 mph.

Nearly 4,000 flights were canceled along the East Coast due to the weather.

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A proposed law aims to minimize second hand smoke on New York City sidewalks. GETTY IMAGES

NYC might ban smoking and walking

If proposed legislation passes, smokers will no longer be allowed to puff on a cigarette while strolling along city streets.

MORGAN ROUSSEAU
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A new bill being introduced by a New York City councilman may have the city's smokers saying, "Butt out of my business."

Councilman Peter Koo was expected to introduce a bill Wednesday night that would ban smoking a cigarette while walking on New York City's streets, according to NY1. Smokers who stand in one spot, however, would still be allowed to puff away. The goal, according to Koo (D-Queens), would be to reduce secondhand smoke among New Yorkers.

"It has happened to me many times — I'm walking behind someone who's smoking, and I'm suffering for five or 10 minutes," Koo told the New York Daily News. "I see mothers with their strollers walking behind people who smoke, and they're exposing the baby to secondhand smoke."

If passed, the punishment for people smoking while walking would be a $50 fine, which is the same amount smokers are fined for smoking in parks, businesses and indoor public spaces.

Koo went on to say that ideally, smokers would know better than to puff and walk.

"In a perfect world, every smoker would have the self-awareness to realize smoking while walking subjects everyone behind you to the fumes," Koo told the Daily News.

While non-smokers would likely be pleased with the new law, residents who smoke may not be so keen on the ban. One smoker, identified as Ian from Flushing, told Fox 5 he wouldn't abide by the rule.

"I'm not standing in one spot, it's not gonna happen. As I'm walking, it's outside, I'm not blowing it in anyone's faces."

The city has recently stepped up its campaign against cigarettes, with a new app to help New Yorkers quit called HelpMeQuit, as well as a $670,000 citywide media campaign from NYC's health department.

According to the American Council on Science and Health, about 876,000 adults, or 13 percent, of residents, use tobacco products. Of those people, 15,000 are adolescents.

Health Commissioner and former smoker Dr. Mary Bassett acknowledged the challenge smokers face in kicking their habit.

"As a former smoker, I know how difficult it is to quit. I struggled to quit smoking, and it took me five times to quit for good," Bassett told the ACSH. "Quitting smoking is the most important step a smoker can take to improve their health. We encourage people who have tried to quit smoking to try again. We're here to help."

876K
Number of adults who smoke in NYC

13%
Percentage of New Yorkers who smoke

15K
Number of NYC adolescents who smoke

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Applications open for Kode with Klossy summer coding camp for girls

Supermodel Karlie Kloss will bring 50 free, two-week coding camps to 25 cities across the U.S., including one in NYC in August.

NIKKI M. MASCALI
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Applications are now open for supermodel Karlie Kloss' Kode With Klossy two-week coding camps taking place across the U.S. this summer. New York's will be held in August. KODE WITH KLOSSY

In addition to strutting on runways and gracing magazine covers across the globe, Karlie Kloss is making great strides to ensure women, girls in particular, continue narrowing the gender gap in the tech industry.

For the third consecutive summer, her Kode with Klossy initiative will offer free, two-week summer coding camps for 1,000 girls across the country. Sessions will take place here in New York City in August.

The application process just opened for the camps, where girls between 13 and 18 can learn the fundamentals of programming — such as Ruby, Javascript, HTML, CSS and Swift — to build a fully functional mobile app or website that they will present to their fellow students, family and tech community members.

"What we do at Kode With Klossy goes beyond teaching computers science — we empower our scholars to use their coding skills to make a difference in their communities," Kloss said in a statement.

Kode with Klossy partnered with Teach for America this year to not only create a collaborative and creative learning environment "but build self-confidence, teamwork and communication skills," Kloss said. The partnership will also include hiring and recruiting instructors who aim to increase access to computer science within their communities and schools.

WeWork will also provide creative spaces where scholars can engage with those within its co-working community at several camp locations camps across the country.

Who can Kode with Klossy?

Kode with Klossy is a hands-on training program for back-end and front-end web and mobile development that will hold 50 camps in 25 cities across the country this summer.

It is open to girls between the ages of 13 and 18 who live within the metro regions of those select cities and can be on-campus for the camps, which are held Monday through Friday from 9 a.m. to 5 p.m. Previous experience in coding is not necessary to attend.

For more info or to apply for a Kode With Klossy scholarship, visit kodewithklossy.com/campscholarship.

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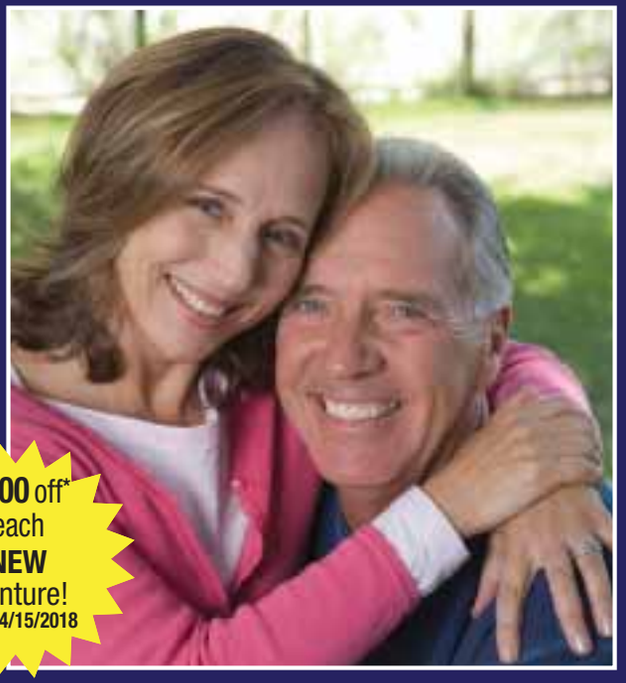
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The sun sets on the west side of Manhattan in New York City on March 18, as seen from Edgewater, New Jersey. GETTY IMAGES

Sources: US budget plan cuts funds for Hudson River tunnel

The Gateway project saga continues.

A deal to fund the U.S. government through the end of September is expected to include less funding than initially proposed for building a new train tunnel under the Hudson River connecting New York City and New Jersey, two people briefed on the talks said.

A congressional committee in 2017 directed at least $900 million for the Gateway project to replace the existing century-old tunnel relied on by both Amtrak's busy Northeast Corridor Service and New Jersey Transit commuter trains.

Transportation Secretary Elaine Chao and other Republicans have said in recent weeks that President Donald Trump threatened to veto a funding bill if it included funding for the $30 billion Gateway project.

Two sources briefed on the matter said there will be as much as $541 million in federal money available to Gateway. The deal adds $2.9 billion in discretionary U.S. Transportation Department grants that the project could qualify for.

Proponents said have said the prior language guaranteed $900 million for the project and that a significant portion of Amtrak's Northeast Corridor Account's $328 million funding could be used for Gateway.

The deal now will give $650 million to Amtrak's Northeast Corridor Account. The railroad could direct additional funds to Gateway. New Yorkand New Jersey will get $153 million in additional funding for State-of-Good-Repair and High-Density State formula funds that can be used for Gateway-related projects, aides said.

$900M
Amount that proponents of the Gateway project said was guaranteed.

Trump's opposition to the project angered Democrats and some Republicans. Lines in the current tunnel, heavily damaged during 2012's Superstorm Sandy, could fail within a decade, hobbling commuting in the metropolitan area that produces 10 percent of U.S. economic output.

Chao has repeatedly said New York and New Jersey must provide direct funding for the project.

"New York and New Jersey are two of the richest states in the country. … They need to step up," Chao said this month.

The project focuses on a 10-mile segment of the Northeast Corridor, which carries over 200,000 Amtrak and New Jersey Transit passengers a day.

The budget deal also includes $10 billion in new infrastructure funding, aides said, including a $1 billion increase for airport improvement programs, a $1.2 billion increase for the Federal Railroad Administration and $600 million for new high speed broadband development.

Final details of the proposal were being completed. The text was expected to be released Wednesday and voted on by the U.S. House of Representatives on Thursday. REUTERS

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A student protester in Boston holds a sign about how gun violence affects people of color. **DEREK KOUYOUMJIAN**

Nonprofit tool kit helps student activists stop gun violence

Students are no doubt leading the fight for gun control, but a Boston-based nonprofit is still here to lend a helping hand.

Stop Handgun Violence, a nonprofit that aims to reduce injuries and deaths from firearms through public awareness, education and policy advocacy, has put together a tool kit to help the student activists behind school walkouts across the country and this weekend's March For Our Lives.

"This tool kit is intended to be a road map for students and anyone interested in getting actively involved in helping reduce firearm injuries and deaths in your home state," the organization wrote on its website. "We hope that our step-by-step guide helps you educate yourself and others in order to save lives and make your community safer, just as we have successfully done in our home state of Massachusetts which has effective gun laws and the lowest rate of gun deaths in the nation."

Stop Handgun Violence was founded in 1994 and was the leading supporter of the Massachusetts Gun Control Act of 1998.

The tool kit lays out a digital library of resources on topics like how a bill becomes a law, how to contact elected officials, how to pass ballot measures and how to organize school assemblies and community events.

"This tool kit is intended to be a road map for students and anyone interested in getting actively involved ..."
Stop Handgun Violence website

The nonprofit put in a heavy emphasis on education to help activists learn more about gun violence, gun laws and the second amendment themselves, how they can educate their community and how they can counter arguments made by gun lobbies.

The tool kit features documents from Supreme Court legislations on the second amendment, links to polls and studies on gun support and statistics and templates for writing proclamations and resolutions.

John Rosenthal, co-founder of Stop Handgun Violence, said in a statement that this will be a resource for these students to create real change.

"Students helped stop the war in Vietnam; they can certainly help enact common sense gun laws in America," he said. "Student activists are uniquely positioned to expose the immoral state of national elected officials and their willingness to trade kids' lives and the public's safety in exchange for gun industry campaign contributions and unrestricted access to military-style assault weapons and easily concealed handguns."

See more at stophandgunviolence.org/toolkit.

KRISTIN TOUSSAINT

Deadly Texas blast suspect was quiet, home-schooled

Law-enforcement officials warned area residents to remain cautious, saying they did not know if the bomber had left other devices.

FedEx officials provided "key evidence" that led to the suspect's identification, the company told employees in an internal memo seen by Reuters on Wednesday. GETTY IMAGES

The quiet, home-schooled son of a local couple that sold Amway products is suspected of staging a three-week deadly bombing campaign that gripped the Texas capital of Austin.

An arrest warrant and federal criminal complaint identified the maker of the homemade bombs as Mark Conditt, 23, of the Austin suburb of Pflugerville, Texas, law enforcement said Wednesday.

Conditt, who in 2017 moved out of the Pflugerville home owned by his parents, Danene and William Conditt, blew himself up Wednesday as police closed in on him.

Attempts to contact members of the Conditt family by telephone and at their homes in Pflugerville were unsuccessful.

Unemployed Mark Conditt was living with a couple of roommates in a home just hundreds of yards from the mayor of Pflugerville when a three-week series of explosions rocked the community, killing two people and injuring five others, public records show.

Conditt attended Austin Community College from 2010 to 2012 but did not graduate, school spokeswoman Jessica Vess said in an email.

Conditt had amassed 30 hours of college credit when he received his high school diploma, having been home-schooled with his three siblings, his mother wrote on Facebook.

Neighbors said the Conditt family was quiet and the parents sold products for Amway.

"They are a really nice, calm family," said Jeff Reeb, who lives next door. "They have always been extremely nice." REUTERS

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THE FOREMAN FORECAST: STORMY AND THE GOP

TOM FOREMAN

Analysis

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously."

For years, Republicans have repeated an earnest trope about President Bill Clinton: He was not impeached for his repeated, sexual dalliances with a White House intern. He was impeached for lying about it. Despite Clinton's tortured attempts to say he never really fibbed, this has hardened into what many GOPers clearly consider an unbreakable shield which they whip out whenever an angry Democrat accuses them of some sort of rampant Puritanism. No, they say, this is about a simple idea — a nation cannot tolerate a chief executive who purposely tries to subvert the law with untruths, misdirection or anything else.

Which is why the saga of Stormy Daniels could become an enormous problem for the party of the right.

Under what I'll call "Clinton logic" as applied by the GOP, whether the porn actress and Donald Trump danced a midnight mambo does not matter. After all, the president's hardcore base has shown it will stand firm even when he himself exposes his interest in extramarital activities.

But right now, depending on how all the investigations, legal rulings and lawyering play out, this president could be implicated in any number of illegal activities. Obstruction of justice. Violation of election laws. Perhaps even some form of intimidation. And if Trump is found to have taken part in any of that, the GOP is in a bind. Because it is perilous for any party to spend 20 years crowing about an easily understood principle, then pretend nothing is wrong if that rule cuts into one of the party's own.

So every time you hear Stormy Daniels' name, remember: This is not a story about sex. It's not about Democratic opposition. It's not even about Donald Trump's private choices. The issue is whether a sitting U.S. president broke any laws to hide his behavior, and whether his party will accept that, despite years of insisting such behavior is unforgiveable. That's it. So far we have no proof Trump did anything wrong. But if that proof shows up, his own party might have no choice but to go after him with a fury.

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Hundreds of worst arthritis sufferers from tri-state are

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted one of the doc's at ***NYC Pain MD*** in New York City. "*The same holds true for treating arthritis pain. I believe we are having so much success at* ***NYC Pain MD*** *because of two factors: One is we are using advanced medical technology and treatments many clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid or at the very least delay knee replacement surgery is doing the correct treatment as soon as possible".*

What is the "correct treatment?"

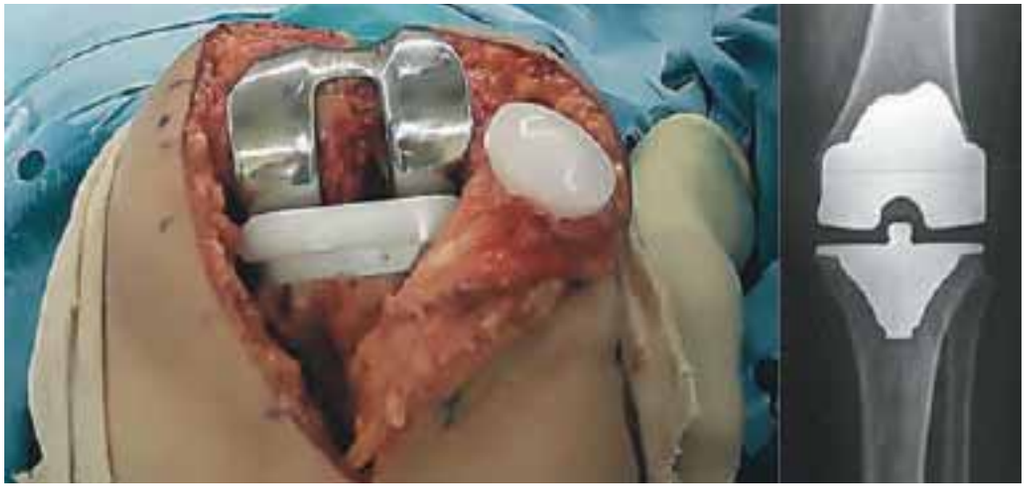
"That depends," noted the doc. *"There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* he added.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby an FDA-approved preparation of Hyaluronic acid - a gel-like medicine is - applied ultra-precisely and virtually painlessly into the knee joint using *Precision Arthritis Targeting Technology.*

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosusupplementation gets the best results and is so important when trying to avoid surgery.

The director of treatment believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at ***NYC Pain MD*** use advanced imaging technology to apply *Precision Arthritis Targeting* during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to.go. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.) can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Presision Arthritis Targeting Technology and did not get good results - this may be why.



Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife

Normal Pain-Free Knee Joint

Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.

Knee With Painful Arthritis

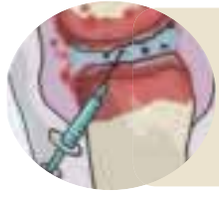
Pain -

Illustration shown is a knee joint with painful xosteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.

Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

Failed Treatment -

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you



Lubrication Medicine Injected Directly Into Knee Join Like "Joint Oil" using Precision Targeting Technology

Successful Treatment -

Successful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advance imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.

thritis Sufferers Choosing dures Before Surgery?

ch Medicine And All Natural Treatments

n covered by insurance amongst top reasons for high patient demand... a call weekly to find out if treatment may be right for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because thousands of knee pain sufferers have flocked to the ***NYC Pain MD*** New York City for their brand of treatment.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid techncially) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it can be excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

But...when introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get viscosupplementation from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use ***"Precision Arthritis Targeting Technology".*** *This allows us to place he Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without Technology can miss the joint up to 30% of the time.".*

Advanced Medical Technology Can Make All The Difference: This advanced Precision Arthritis Targeting Technology using fluorososcopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACTLY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. *NY Pain MD* used this P.A.T. Imaging Technology with each and every treatment.

"***NYC Pain MD*** is a state of the art medical facility offering the best technology".

And that's not all . . .

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years or more for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added one of the clinic's doctors.

How To Find Out If It Can Help You?

If you have knee pain, the ***NYC Pain MD*** doctors would like to see if you do qualify for a No-Cost, No-obligation screening to see if you may be candidate for their treatments using *Precision Arthritis Targeting Technology.*

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All you have to do is call 800-885-KNEE (5633) right now. However, due to extremely high call volume, you may not get a live scheduling coordinator. In that case, do NOT hangup. Just leave a message with your name, phone number and best time for us to reach you. A patient coordinator will get back you as soon as possible to find out if you qualify for the no-cost screening and then find you an appointment time.

And here's something really important -
Viscosupplementation treatments are covered by many insurances, union plans ... even medicare. So, to schedule your no obligation screening or if you have any questions -

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- Do you have pain and osteoarthritis (arthritis) of the knee?
- Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?
- Have you already tried viscosupplemention (Hyalgan, Supartz Synvisc) without satisfactory results?

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How to get enough vitamin D when the sun's not shining

A good breakfast can get you halfway there. ISTOCK

And let's be honest ... if this is "spring," you'll need all the help you can get.

KATE MOONEY
kate.mooney@metro.us

With weather like this, it's tempting to forgo all health efforts (physical or mental) and give in to sloth-like inactivity — binge watching, eating too much, drinking too much, skipping workouts — and leaning into a sedentary, indoor existence. "I'll feel better when the sun comes out," we tell ourselves, and then another nor'easter hits.

Yet keeping active and eating well is how to effectively fight off winter gloom. Which brings us to vitamin D: You can't entirely blame the absence of Mr. Yellowface for your lack of the "sunshine vitamin."

This magic hormone has several health benefits. It helps your bones absorb calcium, preventing dental problems and conditions like osteoporosis; it's vital for muscle health and promotes new cell growth; it regulates your immune system and can ward off depressive symptoms; it decreases the risk of diabetes, heart disease, and certain cancers, such as breast, pancreatic and prostate. In short, it's vital to the health of multiple bodily systems and our general well-being.

Although we get most of our vitamin D from the sun, it doesn't take much time basking in the light to get what we need — 10 to 15 minutes can be sufficient. The recommended daily intake is 400 international units (IU) for kids, 600 IU for adults and 800 IU daily for seniors.

But you can also get your daily requirement from your diet.

Dairy products (milk, egg yolks and cheese), fatty fish (tuna, mackerel, salmon, cod liver oil), and vitamin D-fortified orange juice and fortified cereals are all great sources. According to the National Institutes of Health, a 3-ounce sockeye salmon is 450 IU, while an 8-ounce glass of fortified milk, and fortified orange juice, each contain an easy 100 IU. An egg yolk gets you close to 50 IU, while a cup of fortified cereal (like Multigrain Cheerios) or oatmeal is roughly 40 IU.

If you need a little help, you can find an over-the-counter supplement, but be careful about dosage, as some contain as much as 2,000 IU of vitamin D per pill. Consult with your doctor before you supplement to make sure you don't exceed the safe daily intake of roughly 4,000 IU for adults and 3,000 IU for kids.

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Stanley Tucci's 'Final Portrait'

The beloved actor on directing his fifth film, and why he thinks Armie Hammer's an easy target for critics.

GREGORY WAKEMAN
Gregory.Wakeman@metro.us

Stanley Tucci is primarily known as one of Hollywood's finest character actors, instantly improving the likes of "The Terminal," "The Devil Wears Prada," "Julie & Julia," "Easy A," "The Hunger Games" franchise, "Spotlight" and "The Lovely Bones" with his performances, the latter of which earned him a Best Supporting Actor Academy Award nomination.

But the 57-year-old has also turned his hand to directing throughout his career. "Final Portrait" marks his fifth film as a director. It revolves around famed artist Alberto Giacometti's prolonged attempts to paint his friend James Lord in Paris in 1964, and the frustration and joy that came with it.

Metro sat down with Tucci to learn more about his experience with the movie.

What drew you (ahem) to write and direct "Final Portrait"?
I was always interested in Giacometti's work. Then I found a book called "Giacometti Portrait," upon which the film is based. I just loved the book. I felt it was the best book ever written about the creative process. I always thought about trying to make it into a movie. I finally got the guts years later to ask James Lord for the rights. It took 13 years to get it made, but we finally did it.

GETTY IMAGES

What is it about the creative process that you wanted to explore?
It's very hard to make a story about two people just sat in a room. The film could very easily be like watching paint dry. Literally. But I wanted to explore the dynamic of someone being painted and the creative process, the frustrations, the highs the lows of it, the intellectualization of it, the impulsiveness of it, the seriousness of it and the comedy of it. Because to me it is funny. And Giacometti had all of that, because he was so self-effacing.

What did Geoffrey Rush and Armie Hammer bring to the film?
Geoffrey was the most obvious choice because he has a physical resemblance to Giacometti, even though he was in makeup for an hour-and-a-half and we changed his physical shape. But he was able to do that because he's such a great actor. But with Armie, you know there were a few other people, because it had been in development for so long. But I've always loved him, and when we talked he was just such a lovely, lovely man and an incredible actor. I feel very lucky that we were able to get him. Both of them.

Armie Hammer gets a lot of undue criticism — why do think that is?
He's an easy target because he's handsome, he's nice and he's talented. I think people are really seeing his depth now. A lot of the films he made before were bigger Hollywood movies. I think it's really great that he's doing these small independents. He has really good taste. A really good eye. He likes to do things different. He likes to challenge himself. I really admire that. He will have a really long career because of that.

"Final Portrait" is released in select New York cinemas tomorrow, March 23.

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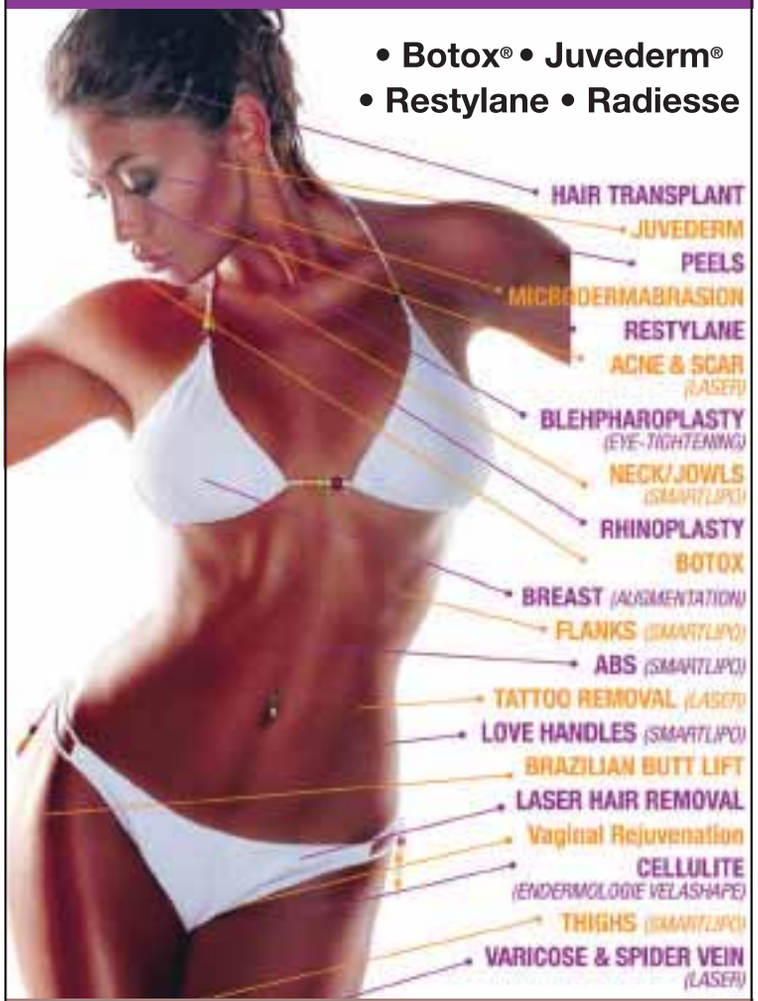

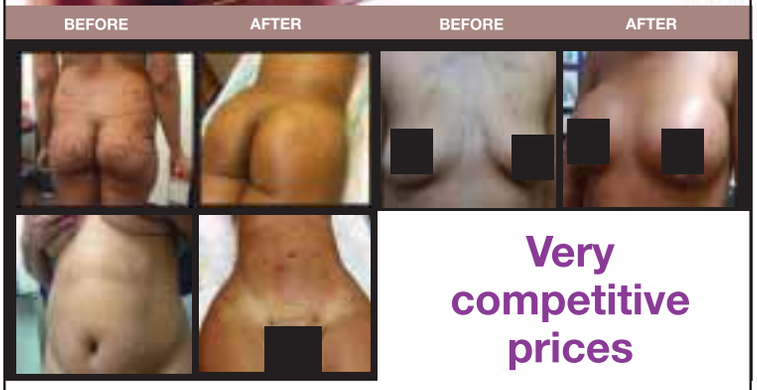

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Kay's will serve four flavors of French toast. PROVIDED

Breaking brunch

French toast slips free of breakfast as Bangkok's famous Kay's Boutique Cafe pops up in Nolita.

EVA KIS
eva.kis@metro.us

French toast has jumped its brunch confines and landed its own cafe.

For three months beginning this Friday, Kay's Boutique Café will be jumping the ocean from its home in Bangkok, Thailand and landing in Nolita.

While the original serves a broad menu of breakfast favorites, chef-owner Pavitra Kobkulsuwan will be focusing on her favorite French toast sticks for the shop at 240 Mulberry St.

Why has French toast come in just one flavor all this time? you'll find yourself asking as you struggle to choose between Kay's four options: hot chocolate, matcha, salted caramel and ultimate French toast — which is made with bananas, almond cream and topped with bacon crumbles. Can't fault that logic.

There will be no need to sit and order. These light-as-air French toast sticks don't drip or melt, and come in individual boxes for $6.50-$7.50 per piece.

Because it's not a café without drinks, Kay's also has a coffee bar, plus a couple of signature drinks including The B.O.M.B. with black truffle, Oreo, milk pudding and Belgian chocolate ($5.75). Savory hasn't met sweet quite like this.

Kay's will be open from March 22 through June 30, from 8 a.m. to 7 p.m. (Note that it's getting a slightly late start on opening day at 10:30 a.m.)

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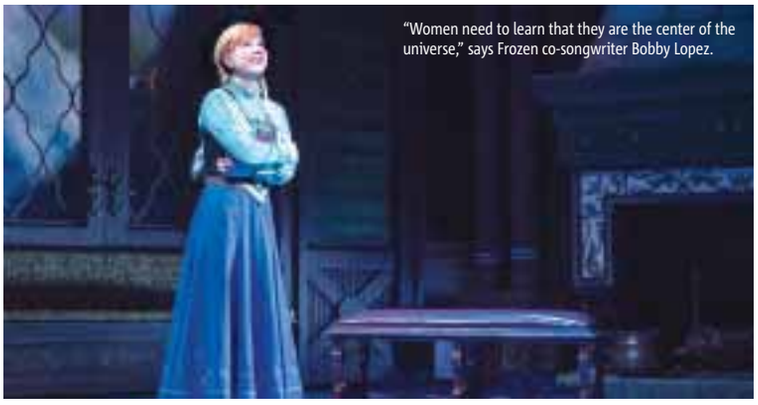
The musical goes deeper into the relationship of Elsa (Caissie Levy) and Anna (Patti Murin).
ALL PHOTOS BY DEEN VAN MEER



"Women need to learn that they are the center of the universe," says Frozen co-songwriter Bobby Lopez.

Broadway's Frozen is for grown-ups

Oscar-winning songwriters Robert and Kristen Anderson Lopez tell us about taking their musical "Frozen" from Disney film to Broadway.

T. MICHELLE MURPHY

Sure, "Frozen" is a Disney classic, but trying to sell weary parents on yet more of the musical — this time on Broadway at the St. James Theatre, opening March 22 — is not an easy task.

Despite the movie having come out in 2013, "Let It Go" remains in heavy rotation in the homes of every parent with children under age 10.

But Oscar-winning songwriters Robert and Kristen Anderson Lopez really want you to know that Broadway's "Frozen" is for grown-ups.

"This isn't the cartoon," Kristen explains over the phone from the Brooklyn home she shares with her husband. "It's about a family that's frozen into its roles because of a trauma, and how that dysfunction plays out, and how they heal it.

"Right on the ticket, it says, 'Recommended for ages 8 and up,'" says Kristen, though she adds that she thinks "a sophisticated 5-year-old can have a really wonderful time."

We'll take her word, as the mother to two young daughters — who, it's no secret, helped inform Elsa and Anna in the film (and even loaned their voices). The making of "Frozen" has truly been a family affair, which is something the Lopezes hope comes through in the stage adaptation.

Bobby Lopez and Kristen Anderson-Lopez
PROVIDED

From movie to stage

Expanding on those issues — in a film already packed with plenty of darker themes — was what kept the Lopezes with the franchise as it transitioned to the stage.

"One of the most exciting things leading us into this project was widening the lens of what true love is," Kristen says. "As a woman, I had stories in my head that you can fall in love in one day and your problems are solved because of that.

"Actually, it's a lot more complicated; sometimes the love you're looking for means going back and connecting with your childhood and healing some stuff before you meet the handsome guy — or girl!"

Though Kristen brought a woman's essential perspective to the story, her husband Robert — the first double EGOT-winning artist as of the 2018 Academy Awards — had his own feminist insights during his journey with Frozen.

"Kristen identified that men go on this journey, when they come of age, to discover that they're indeed not the center of the universe, that other people do exist," says Robert (or Bobby, as he introduces himself).

"Women need to learn that they are the center of the universe, and their feelings are the only ones that matter. That's really what 'Let It Go' is about."

Broadway newcomer Jelani Alladin stars as Kristoff.

New for Broadway

Complementing what Kristen calls "Shakespearean undertones" in the storyline, there are 12 all-new songs — doubling the total from the film itself.

They're woven into what's essentially the same plot from the movie, but help emphasize some of the moments that were formerly told through the animation.

"On stage, you really are telling an emotional story to music, and you don't have the benefit of close-ups or action sequences or complex plotting," Bobby says.

"And so what you need to do is take the moments that are really undoable onstage ... those are the moments we circled and chose to focus on and write the new songs."

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THEATER

"Grand Hotel: The Musical"

It's the Roaring '20s and a crew of gangsters and dancers, rich and poor, have gathered to bask in the opulence of Berlin's Grand Hotel. After its Tony-winning debut in 1989, "Grand Hotel: The Musical" returns off-Broadway this weekend. Part of the Encores! series at New York City Center, which revives rarely-produced musicals for a short run with big-name stars, it stars Junior Cervila, Natasha Diaz, John Clay III, Brandon Uranowitz and Irina Dvorovenko. **Through March 25, New York City Center, 131 W. 55th St., $35-$135, nycitycenter.org**

ART

Affordable Art Fair

It's the 25th edition of the Affordable Art Fair, which invites art newbies especially to gather for an event that can get their collection started, with items starting at just $100. Bringing together over 70 galleries from around the world and featuring more than 300 artists, the fair provides something for everyone's taste and budget. In addition to regular hours, there's also Art After Dark for young arts-lovers to sip cocktails and socialize while they browse on Thursday, 6 p.m.-9 p.m. March 22-25, Metropolitan Pavilion, 125 W. 18th St., $10-$80, affordableartfair.com

MUSIC

ALL PHOTOS PROVIDED

The Revolution Vol. 25

A popular part of the lineup at National Sawdust in Williamsburg, The Revolution is a monthly series that highlights Brooklyn- and Harlem-based artists who embody activism and evolution. This Saturday, the series celebrates its second anniversary — and 25th edition — with a special showcase featuring music by Dot Cromwell, beccs, Meridian Lights, Elle Winston and MAE.SUN. **March 24, 10 p.m., National Sawdust, 80 N. Sixth St., Brooklyn, $15-$20, nationalsawdust.org**

Coney Island Ritual Cabaret Festival

Cabaret is an art form that can mean a lot of things — which is part of its beauty, and part of what the Coney Island Ritual Cabaret Festival seeks to honor and explore. Inviting an array of local musicians, dancers and performance artists to express their idea of cabaret, the fest plumbs traditions that are deeply ingrained in the culture of New York. Each night begins with a Body Ritual Movement performance by the Diego Pinon Ensemble. **March 23-25, Coney Island USA, 1208 Surf Ave., Brooklyn, $15-$35, coneyisland.com**

Y Cabaret

If you've struggled to connect with modern dance, Y Cabaret is a new way to experience the art form. The intimate setting of a black box theater erases the conventional boundaries between artist and audience. Bearded Ladies Productions invites crowds to get more personal with choreographers and their funny, sexy, thought-provoking works. **March 24-25, 8 p.m., 14th Street Y, 344 E. 14th St., $20-$22, 14streety.org**

CULTURE

Celebrate Asia Wrap Party

Museums citywide are in the midst of celebrating Asia Week, and the fun caps off this Thursday with a special event at the Rubin Museum. Enjoy access to the current exhibition, The Second Buddha: Master of Time, along with beer from Brooklyn Brewery, cocktails featuring TYKU Sake and passed hors d'oeuvres in a festive atmosphere. It's part of the museum's yearlong theme dedicated to The Future, unpacked by examining beliefs from the past and present. **March 22, 6:30-8:30 p.m., The Rubin Museum, 150 W. 17th St., $85, rubinmuseum.org**

WORLD WATER DAY

Make it rain in Grand Central

In honor of World Water Day, you can make it "rain" inside Grand Central. Belgian beer brand Stella Artois is setting up a giant chandelier made of water droplets in Vanderbilt Hall that ripple and flow when activated — you do that by purchasing a special chalice that helps Water.org provide five years of clean water for one person in the developing world. **March 23-26, 8 a.m.-8 p.m., 89 E. 42nd St., water.org/stellaartois**

COMEDY

"I Am Not a Comedian...I'm Lenny Bruce"

Political satirist and dark humorist Lenny Bruce carved out a space for himself in the mid-20th century with a uniquely bleak outlook and take-no-prisoners screed — which often landed him behind bars for public indecency. In a new, one-night-only show at the Cutting Room, Ronnie Marmo brings the original back to life for a risque night of laughs and way-too-true insights (aka, the kind of stand-up we all need right now) to benefit the Lenny Bruce Memorial Foundation. **March 25, 7:30 p.m., Cutting Room, 44 E. 32nd St., $50, thecuttingroomnyc.com**

SEXY FUN

A Night of Jazz, Wine & Sex Education

Park Slope's educational pleasure shop Please celebrates three years of normalizing sex with information and conversation (and toys!) this Thursday. A Night of Jazz, Wine & Sex Education is a free event that includes mini versions of the store's most popular workshops (on rope bondage and oral sex), plus complimentary sausage bites (we see what you did there) from neighbors Jake's Handcrafted and wine from Fresh Direct. There will also be live music by The Hot Club of Flatbush. **March 24, 7-9 p.m., Please, 557 Fifth Ave., Brooklyn, free, pleasenewyork.com**

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AMUSEMENT PARK

Luna Park Opening Day

We may have gotten another blizzard this week, but there's no stopping Coney Island's Luna Park from opening on schedule this Saturday. Guests of the theme park's opening day festivities will be able to enjoy unlimited free rides including on the Cyclone rollercoaster with a $5 donation to Girl Scout Troop 6000. The official opening ceremonies take place on Sunday, with free egg creams, the blessing of the rides and more fair fun. **March 24, 10 a.m., Luna Park, 1000 Surf Ave., Brooklyn, $5, lunaparknyc.com**

Better than any hot tub, the world's best hot springs will soothe your mind and spirit amidst spectacular views.

Fodor's Travel

Soak it up

Bathers enjoy the rooftop pool of Thermae Bath Spa, Britain's only natural thermal spa. GETTY IMAGES

Pamukkale

An unforgettable spectacle of nature, Pamukkale (Cotton Castle) in Turkey is a series of sparkling white travertine tiers, joined together by calcium waterfalls, and warm, mineral-rich springs that have been flowing for millennia. People have bathed in these waters for centuries, gently floating while enjoying the view — visit at sunset, when the colors of the pools turn into shades of pink and purple.

Blue Lagoon

You're forgiven for thinking that Iceland's most popular otherworldly landscape, the Blue Lagoon, is a natural one. Nestled in black lava rock with milky turquoise waters and cloud forming steam, this pool is actually man-made and fed by recycled mineral-rich water from a nearby geothermal power plant. On top of a pleasant soak in the hot waters, silica mud masks and mineral salts will make your face feel much younger!

Banff Upper Hot Springs

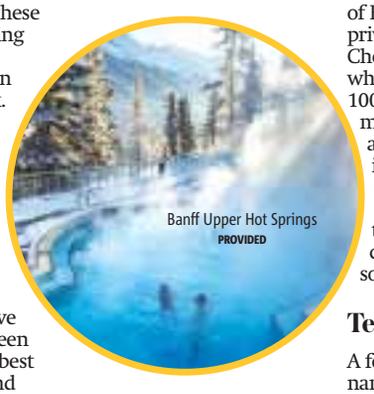
Nestled in the Canadian Rocky Mountains, these are the last remaining springs open to the public for bathing in Banff National Park. Travelers have come for a soak in the mineral waters of Banff Upper Hot Springs since the springs were discovered by three rail workers in 1884. The spring-fed pools have temperatures between 98°F-104°F and are best visited at sunrise and sunset, maybe after a day of winter sports, when the mountain air cools down and you can lower your tired body into the soothing waters.

Khir Ganga

If you want to have a soak off the beaten path, then the hot springs at the top of the Khir Ganga meadow, accessible only by a four-hour hike, might be just perfect for you. In the scenic Parvati Valley of India, you'll have stunning views of the surrounding Himalayas while you bathe in a large men's pool or a smaller, enclosed women's pool. Adjacent is a Shiva temple (Khir Ganga is said to be the place where god Shiva meditated for 3,000 years), so respectful behavior is key.

Calistoga Hot Springs

Located in the Upper Napa Valley, Calistoga Hot Springs is a perfect location for bathing while you enjoy the delicious local wine. Once a local hippie hotspot, Calistoga's mud baths are as famous as the Cabernet Sauvignon from the valley. The town was built around abundant natural mineral hot springs and many hotels, resorts, and spas offer packages for the refreshing geothermal pools, and volcanic ash mud baths.



Banff Upper Hot Springs PROVIDED

Thermae Bath Spa

Soaking in the healing waters of Britain's only natural thermal springs is a pleasure that was started by the Romans, who built elaborate saunas, temples, and bathhouses around them. At the Thermae Bath Spa, you can plunge into four thermal pools including an open-air one on the roof from which you have stunning views of Bath Abbey. And while taking in the Georgian scenery, we recommend reading a novel by Jane Austen, the city's most famous resident, who liked to "take the waters" in Bath.

Chena Hot Springs

About 55 miles northeast of Fairbanks, Alaska, lies privately owned, 440-acre Chena Hot Springs resort, which was founded over 100 years ago by two gold mining brothers. The adults-only Rock Lake is fed by sulfur-tinged springs and the waters are cooled from 165°F to 106°F before you can even think about soaking in it.

Terme di Saturnia

A fountain of youth, named after the Roman God Saturn, is located in the south Tuscan countryside. Terme di Saturnia is one of Italy's premier thermal spa resorts and the only spa of its kind in the world. Springs travel over a time of around forty years from the inside of Monte Amiata to the spa's several small pools, while filtering through cavernous limestone. The water is very high in sulfur and said to help alleviate skin conditions, improve respiration and provide exfoliation.

Yangpachen Hot Springs

If you're prone to altitude sickness then, unfortunately, you'll miss the highest hot springs on the planet. Yangpachen in Tibet is famous for its geothermal activities at an altitude of 14,764 feet above sea level and the stunning Nyainqen Tanggula range offers views of snow-capped mountains all year round. In winter, snowflakes commonly fall while visitors splash around in the outdoor pool. Soaking in hot springs is physically exhausting work, so give yourself a break with foot massages, barley wine, and a round of chess.

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Knicks, Nets 2018 NBA Draft prospects to watch in Sweet 16

The next phase of the 2018 NCAA Tournament will provide both flailing New York NBA teams with a chance to watch some of the best college prospects.

JOE PANTORNO
joseph.pantorno@metro.us

While the postseason push is heating up for teams around the NBA, both professional teams in New York, the Knicks and Brooklyn Nets, are simply playing out their schedule as the playoffs are nothing more than a goal for future seasons.

Put a stress on that word "future" as the Knicks and Nets will keep their eyes on down the road as they continue trying to build a contender in the Eastern Conference.

That all starts with the 2018 NBA Draft in June.

The Knicks are slated for a top-10 pick, though a two-game win streak has their chances for a higher lottery selection decreasing. As of Wednesday night, the Knicks are slated to pick ninth.

For the Nets, holding the league's sixth-worst record will only ensure that the Cleveland Cavaliers get a high pick as the Brooklynites are continually haunted by their 2013 trade with the Boston Celtics as they gave up their future for Kevin Garnett, Paul Pierce and Jason Terry.

The Cavaliers acquired the Nets pick from Boston in the deal involving Kyrie Irving.

Instead, the Nets will likely pick toward the bottom of the first round, somewhere near No. 28.

It's never too early to start looking at possible selections for the upcoming draft, and this week in college basketball will provide both the Knicks and Nets with an ample opportunity to do so.

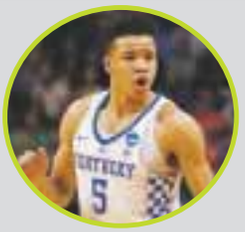
The Sweet 16 of the 2018 NCAA Tournament kicks off on Thursday night and concludes Friday before the Elite 8 takes center stage on Saturday and Sunday.

With eight games over the next two days, there will be plenty of first-round options on the floor for Knicks and Nets. Here is who they should watch:

DRAFT PROSPECTS IN SWEET 16 TO WATCH

MIKAL BRIDGES
SG/SF, VILLANOVA

Bridges could become a franchise talent at either spot given his abilities on the wing. He can shoot from deep and defend well on the perimeter, making him one of the best two-way prospects this draft class has to offer.



KEVIN KNOX
SF/PF, KENTUCKY

With a 7-foot wingspan, the Kentucky product is a force on the boards and difficult to stop when he's driving to the basket as he can find a way to get a shot off around and over opponents.

SHAI GILGEOUS-ALEXANDER
PG, KENTUCKY

His outside game will need polishing at the NBA level, much like the Knicks' two young point guards, where he inflicts the most damage driving to the hoop.

DRAFT PROSPECTS IN SWEET 16 TO WATCH

JALEN BRUNSON
PG, VILLANOVA

The Nets need more depth at the point guard position. Brunson is a physical floor general with a winning pedigree. He's an efficient scorer, shooting over 53.5 percent from the field over the past two years.

KENDALL STEPHENS
SG/SF, NEVADA

Stephens' ability to shoot from deep might be too good to pass up. This season, after sitting out a year after his transfer, Stephens shot 44 percent from three-point range with the Wolf Pack.

MORITZ WAGNER
PF/C, MICHIGAN

The 6-foot-11 Wagner shows an awful lot of promise given his versatility for a player his size. Not only can he wreak havoc from inside, but he's shooting over 40 percent from three-point range.

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Flores to split 1B time with A-Gon

The veteran lefty's tough spring left something to be desired for the

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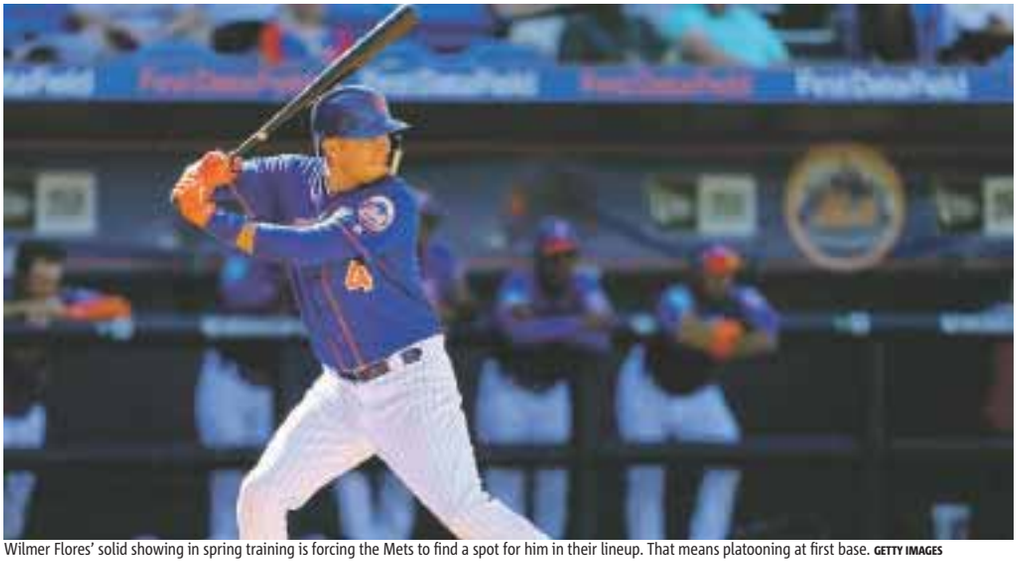

Wilmer Flores' solid showing in spring training is forcing the Mets to find a spot for him in their lineup. That means platooning at first base. GETTY IMAGES

With Dominic Smith's quad injury keeping him out for most of the spring, veteran Adrian Gonzalez won the New York Mets' first-base job by default.

Though he didn't do much this spring to ease any worries about him inhabiting the position full time.

The 35-year-old lefty, whose better days with the San Diego Padres, Boston Red Sox and Los Angeles Dodgers are long behind him, was brought on by the Mets in a one-year deal at the league minimum. It was a low-risk deal for New York, who clearly was not content with Smith after his six-week MLB debut at the end of the 2017 season after trading away Lucas Duda, a pending free agent, to the Tampa Bay Rays at the trade deadline.

While it was initially believed that Gonzalez was going to be the Mets' starter at first regardless of the health of Smith, the youngster's quad issues confirmed it with ample time before Opening Day.

Gonzalez, though, has struggled mightily this spring in orange and blue, batting just .191 (9-for-47) with a home run and RBI, leaving plenty to be desired from the position.

Luckily for the Mets, they have utility infielder Wilmer Flores, whose performance this exhibition season is forcing the Mets to find ways to put his bat in the lineup.

The 26-year-old fan favorite, who has primarily played second and third base during his five MLB seasons, is putting together a fine spring with a .333 average with three home runs and seven RBI in 45 at-bats. His ability to mash against left-handed pitchers already made him a valuable bat to come off the bench, but Gonzalez's problems at the plate has opened a spot for Flores to do much more than that.

The Daily News' Kristie Ackert reported on Wednesday that the Mets will platoon Flores at first with Gonzalez.

It's likely that Flores will get those starts at first against lefty pitchers. In 394 career at-bats against southpaws, Flores is batting .274 with 25 home runs and 61 RBI. Compare that to a .255 mark with 32 round trippers and 141 RBI in almost 700 more at-bats against right-handers.

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Tyler Wade to platoon with Neil Walker at 2B

The second baseman's impressive spring secured his spot on the MLB roster.

Yankees IF Tyler Wade GETTY IMAGES

It's been a complete 180-degree turn from New York Yankees infielder Tyler Wade this spring compared to his 30-game regular-season stint during the 2017 season.

Upon making his MLB debut in June, the 23-year-old often looked overpowered at the plate, going 9-for-58, good for a .155 batting average. His fielding wasn't exactly sterling either as he made three errors in just 50 chances at second base, shortstop and the outfield.

Heading into the 2018 season, Wade was somewhat of an afterthought to earn serious playing time in New York's infield as all eyes were fixated upon youngsters Gleyber Torres and Miguel Andujar, two prospects considered to be the cornerstones of the team's future.

Wade's spot on the roster came under even more of a siege after the Yankees went out and acquired Brandon Drury from the Arizona Diamondbacks to play third before signing Neil Walker to take over at second.

Add Ronald Torreyes to the mix and there were plenty of names that Wade had to try and shine through to make an impact this spring.

But the switch-hitter did exactly that this spring, showing a newfound resolve at the plate. In 38 at-bats, he batted .316 with a pair of RBI, including a double and triple on Tuesday against the Detroit Tigers.

His glove also played a large part in him making the big-league club, making a number of highlight-reel plays in the field.

It didn't go unnoticed by new Yankees manager Aaron Boone.

"I think there's something impactful he seems to do every day," Boone said (h/t Brendan Kuty of NJ.com). "It's kind of a different dynamic we have because he's so athletic, the speed, the range he has in the field. He's just done a handful of things this spring. It seems like, every day he's in, there's something he's done that's been special that's impacted the game."

While Torres struggled to find his footing this spring, Andujar faded after a hot start as both were optioned to Triple-A to continue their development, making it all but guaranteed that Wade was going to get a roster spot.

The extent was revealed by Boone, who said that he will platoon at second base with Walker at the start of the season.

Walker is a left-hander who doesn't necessarily struggle mightily against southpaw pitchers with a .264 career batting average. But it is expected for Wade to see a bulk of his starts at second come against lefties. Should his hot bat carry into the regular season, he could also see time at third base.

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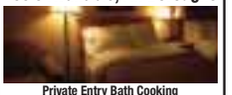
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LEGAL NOTICES

NOTICE OF FORMATION of November Ventures LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 03/06/2015. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 25 Fort Washington Ave., Apt. 5C, New York, NY 10032. Purpose: Retail.

LEGAL NOTICES

NOTICE OF SALE
SUPREME COURT:
QUEENS COUNTY
HSBC BANK USA, NATIONAL ASSOCIATION AS TRUSTEE FOR WELLS FARGO ASSET SECURITIES CORPORATION, MORTGAGE ASSET-BACKED PASS-THROUGH CERTIFICATES, SERIES 2007-PA3; Plaintiff(s) vs. ALEX CORONEL; SUSAN CORONEL; et al; Defendant(s)
Attorney (s) for Plaintiff (s):
ROSICKI, ROSICKI & ASSOCIATES, P.C.,
2 Summit Court, Suite 301,
Fishkill, New York, 12524,
845.897.1600
Pursuant to judgment of foreclosure and sale granted herein on or about February 2, 2017, I will sell at Public Auction to the highest bidder at the QUEENS COUNTY S UPREME COURT, located at 88-11 SUTPHIN BOULEVARD, JAMAICA, NEW YORK, IN COURTROOM #25. On April 13, 2018 at 10:00 am. Premises known as 58-23 60TH PLACE, MASPETH, NY 11378
Block: 2727 Lot: 2
ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough and County of Queens, City and State of New York.
As more particularly described in the judgment of foreclosure and sale. Sold subject to all of the terms and conditions contained in said judgment and terms of sale.
Approximate amount of judgment $627,522.15 plus interest and costs.
INDEX NO. 11927/13
Kerry John Katsorhis, Esq., Referee

NOTICE OF SALE
SUPREME COURT:
QUEENS COUNTY.
RSB CITIZENS N.A. Pltf.
vs. BONG HEE SU A/K/A BING HEE SU. et al, Defts.
Index #706482/15.
Pursuant to judgment of foreclosure and sale entered February 21, 2018, I will sell at public auction in Courtroom #25 of Queens County Supreme Court, 88-11 Sutphin Blvd., Jamaica, NY on Friday, April 6, 2018 at 10:00 a.m. prem. k/a 33-07 153rd St., Flushing, NY.
Said property located at a point on the easterly side of 153rd St. distant 43.24 ft. southerly from the corner formed by the intersection of the easterly side of 153rd St. (60 feet wide) with the southerly side of 33rd Ave. (70 feet wide): being a plot 100.01 ft x 40 ft. Approx. amt of judgment is $458,165.40 plus costs and interest. Sold subject to terms and conditions of filed judgment and terms of sale.
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LEGAL NOTICES

NOTICE OF SALE
SUPREME COURT
COUNTY OF QUEENS
JPMorgan Chase Bank, National Association, Plaintiff AGAINST Tarbita Benjamin; Monique Benjamin; et al., Defendant(s)
Pursuant to a Judgment of Foreclosure and Sale duly dated May 31, 2017 I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, Courtroom #25, 88-11 Sutphin Boulevard, Jamaica, New York on April 6, 2018 at 10:00AM, premises known as 145-95 178th Place, Jamaica, NY 11434. All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the City of New York, County of Queens and State of NY, Block: 13342 Lot: 36. Approximate amount of judgment $339,307.90 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index# 712425/2016.
Michael Dikman, Esq., Referee
Shapiro, DiCaro & Barak, LLC
Attorney(s) for the Plaintiff
175 Mile Crossing Boulevard
Rochester, New York 14624
(877) 759-1835
Dated: January 22, 2018
51467

NOTICE OF SALE
SUPREME COURT
COUNTY OF QUEENS
JPMorgan Chase Bank, National Association, Plaintiff AGAINST Joel Johnson a/k/a Joel M Johnson; Jody Johnson a/k/a Jody G Johnson; et al., Defendant(s) Pursuant to a Judgment of Foreclosure and Sale duly dated January 12, 2018 I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, Courtroom #25, 88-11 Sutphin Boulevard, Jamaica, New York on April 13, 2018 at 10:00AM, premises known as 139-29 229th Street, Laurelton, NY 11413. All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Borough and County of Queens, City and State of New York,
Block 13184 Lot 22.
Approximate amount of judgment $411,708.83 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index# 707265/2015.
Gerald Chiariello II, Esq., Referee Shapiro,
DiCaro & Barak, LLC
Attorney(s) for the Plaintiff
175 Mile Crossing Boulevard
Rochester, New York 14624
(877) 759-1835
Dated: January 31, 2018
51693

NOTICE OF FORMATION of Piscean Butterfly LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 01/24/2018. Office location: Bronx County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 1202 Spofford Ave., 5A, Bronx, NY 10474. Purpose: Entertainment management.

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NOTICE IS HEREBY GIVEN that a license, Number 1309082, for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail at a Bar under the Alcoholic Beverage Control Law at 285 Bedford Ave., Brooklyn, NY 11211. Kings County, for on premises consumption. NYSF Ventures LLC.

NOTICE IS HEREBY GIVEN that a license, Number 1308740, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 26 St Mark's Pl., New York, NY 10003. New York County, for on premises consumption. Tasty Taiwan LLC.

NOTICE OF FORMATION of Concrete Jungle Dreams Consulting LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 02/28/2018. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 654 West 161st Street, Suite 3G, New York, NY 10032. Purpose: Consulting.

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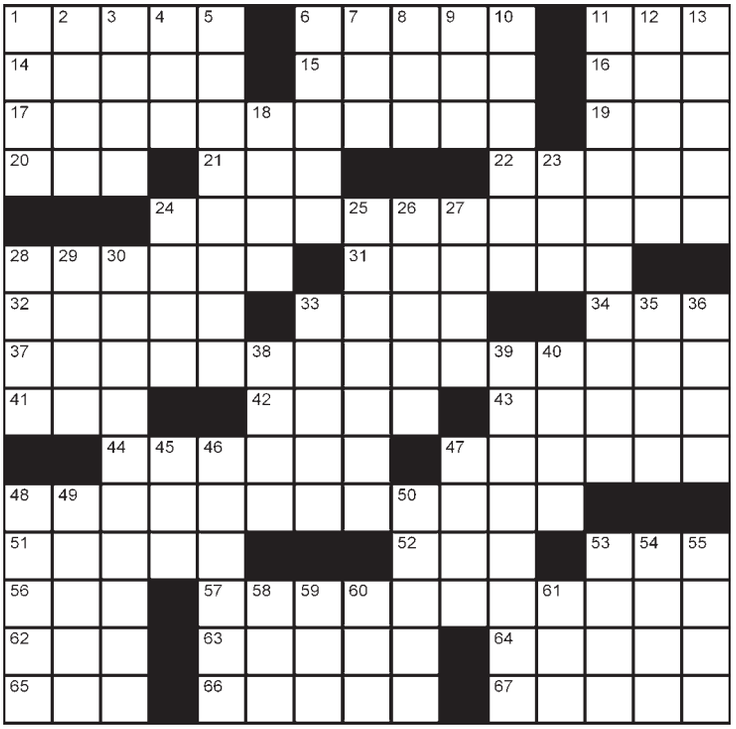
"Your Show of Shows" by Will Nediger, edited by David Steinberg



Across

1 Out of bed
6 Ignore the teleprompter
11 Subject line letters
14 Completely and utterly ridiculous
15 "Swell!"
16 Sigma preceder
17 Show about two wealthy families within a show about Louisiana hunters?
19 A billion years
20 The mind's "I"?
21 Rock legend Reed
22 Critic known for his thumb
24 Show about twenty-something life within a show about a mother/daughter relationship?
28 Protect from flooding
31 Pontius ___, biblical hand-washer
32 Peter of "Casablanca"
33 Lacking
34 One might wear a bowtie
37 Show about a hip-hop mogul within a show about Prohibition-era Atlantic City?
41 "Exodus" hero ___ Ben Canaan
42 "Exodus" novelist
43 Poe's middle name
44 Leaf producer
47 Halloween decorations
48 Show about superhumans within a show about World War II POWs?
51 Soy sauce flavor
52 Owns
53 That dude
56 Group of whales
57 Show about a brilliant doctor within a show about a large family?
62 The loneliest number
63 Norse love goddess
64 Toll calculation units
65 Bro's counterpart
66 Plumlike fruits
67 They hold teams together

Down

1 Congressional gofer
2 Cozy
3 One might be filled with shrimp
4 Liquid in a well
5 Was a discriminatory lender
6 Per ___ (yearly)
7 Raiders' org.?
8 ___ Palmas, Spain
9 Charles Addams cousin
10 "Star Wars: The Force Awakens" co-star John
11 Fast-food joint perk
12 Fingerprint feature
13 Things to avoid
18 It's in the white
23 Comedy routine
24 Teri who had a "Tootsie" role
25 Iridescent
26 Curling spots
27 Ultimatum ender
28 Island in a classic palindrome
29 Tie up
30 Crosswords and such
33 Abraham's wife
35 Like some exams
36 Their tips might be felt
38 Wimp
39 Seizes the day
40 "Besides ..."
45 Soy: Spanish :: ___: English
46 Haughty sounds
47 Go way up
48 Sci-fi awards
49 Neighbor of a Saudi
50 Emus' South American relatives
53 "Thor: Ragnarok" role, with "The"
54 "Gotcha"
55 Sticky situation
58 www.google.com, e.g.
59 A fire sign
60 Caustic stuff
61 Palindromic kitchen brand

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easy

	4			3	9	6		5
9		2	5		7			
				6				8
1	7					5		
4								6
		5					2	9
2				4				
			8		3	9		4
6		4	9	7			5	

hard

				3			8	
4			1			5		
	6		8				2	
8			6				7	
9	4	6	7		8	2	3	5
	7				2			8
	9				7		5	
		2			4			7
	3			8				

metro.us/horoscopes

Aries Use charm, not bluster, to get what you want. If you try to manipulate a situation, someone will push back. Being friendly will encourage others to try things your way.

Taurus Put your emotional energy to work. Share your plans in order to drum up interest and hands-on help. A physical challenge should be met with ingenuity.

Gemini Take care of your personal finances and anyone else's that you are in charge of. Staying ahead of your deadlines will help you avoid complaints and interference.

Cancer A partnership will help you find your footing. Whether in your personal or professional life, having someone to share the ups and downs will bring out the best in you.

Leo Be careful how you handle emotional issues, especially if dealing with a co-worker. Work on personal growth instead of trying to change someone else.

Virgo You'll pick up valuable insight and information through using your skills to bring about change. What you offer others will lead to an interesting proposal.

Libra The voice of reason will haunt you if you don't make overdue lifestyle changes. Lower your overhead if possible, and discuss changes that need to be made openly.

Scorpio Make a point to nurture an important partnership. Having discussions to make sure you share the same concerns with co-workers and/or family members will help you.

Sagittarius Try putting more effort into helping address the challenges that youngsters or seniors in your life are facing. Settling other people's affairs will be rewarding.

Capricorn Stick close to home to get the most done. Avoid traveling, or dealing with relatives or anyone who might take advantage of you. Aim to stabilize your life.

Aquarius Do the groundwork and don't share what you are doing with anyone until you have had time to master what you are trying to accomplish.

Pisces Stay poised and be ready to take advantage of whatever comes your way. Be energetic and enthusiastic to ensure that you get as much accomplished as possible. **EUGENIA LAST**

Yesterday's answers

R	O	A	S	T	P	I	G				V	O	N	N
C	H	I	P	O	T	L	E			T	E	P	E	E
C	A	K	E	W	A	L	K		N	O	N	E	W	S
A	R	I	D				K	O	I	P	O	N	D	
R	A	D		B	A	C	O	N	N	U	M	B	E	R
	S	O	N	O	F	A		S	A	P		O	L	E
			A	N	I	M	A				C	O	H	N
C	A	B	B	A	G	E	P	A	T	C	H	K	I	D
R	I	A	S				T	R	O	P	E			
A	R	S		A	A	A		A	M	A	Z	E	D	
B	R	E	A	D	C	R	U	M	B	S		S	I	T
	A	P	L	A	T	I	N				I	S	A	Y
S	C	A	L	P	S		F	O	O	D	B	A	N	K
P	E	T	I	T			I	R	O	N	M	I	N	E
A	S	H	E				T	D	P	A	S	S	E	S

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